



***about GREAT BARBECUE FOODS . . .***

*Summer or winter — any time is a good time for a barbecue; gathered round the warm fire, everybody is hungry.*

*Spit-roasting has added extra interest to barbecue foods; in this section we give cooking times and a recipe for a good basting sauce. Spit-roasters come in all sizes, from the large size on the beautiful barbecue shown on this card to a small spit-roasting attachment, operated by a simple torch battery.*

*Ellen Sinclair*

*Ellen Sinclair, Food Editor  
Australian Women's Weekly*

## SPECIAL EDITION — GREAT BARBECUE FOODS INDEX



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## WINE STORAGE

A cool, dark cupboard is an ideal place for wine storage. There should be no great temperature variations and no vibrations. Don't keep moving the wine from place to place. Once put down, it should be left to lie undisturbed until you want to use it.

Wine should be stored lying on its side, so that corks are kept damp. If bottles are stored upright, corks will dry out and air can penetrate, affecting the quality and flavour.

Photography by Russell Brooks



## MULLIGATAWNY SOUP



## MULLIGATAWNY SOUP

1 kg (2 lb.) chicken thighs	pinch cinnamon
7 cups water	2 tablespoons flour
1 teaspoon salt	¼ cup red lentils
60 g (2 oz.) butter	2 tomatoes
1 onion	1 green pepper
2 cloves garlic	2 chicken stock cubes
½ teaspoon grated green ginger	1 tablespoon tomato paste
5 teaspoons curry powder	2 sticks celery
½ teaspoon garam masala	1 carrot
¼ teaspoon chilli powder	283 ml can coconut milk
salt, pepper	½ cup rice

Cover lentils with hot water, put aside. Put chicken into saucepan, add water and salt. Bring to boil; skim well; reduce heat, simmer gently, covered, 1¼ hours. Remove any fat from top of stock; strain; reserve stock and chicken separately. Melt butter in large saucepan, add peeled and chopped onion, cook gently until transparent. Add ginger and crushed garlic, cook 1 minute. Add curry powder, chilli powder, garam masala and cinnamon, stir over low heat 2 minutes.

Add flour to pan, stir over low heat 1 minute. Add peeled and chopped tomatoes and reserved stock, stir until combined. Stir in tomato paste, crumbled stock cubes and drained lentils. Bring to boil, uncovered. Add seeded and sliced pepper, peeled and sliced carrot and chopped celery. Bring to boil, reduce heat, simmer uncovered 15 minutes, cover saucepan, simmer further 30 minutes or until vegetables are tender; add salt and pepper. Push vegetables with liquid through sieve, or puree, a small portion at a time, in an electric blender. Return soup to pan, bring to boil, reduce heat, stir in coconut milk. Remove meat from chicken, shred chicken meat, add to soup; reheat. Sprinkle a spoonful of cooked rice on top of each mug or bowl of soup.

**Serves 6.**

## BARBECUE PRAWNS WITH BASIL MAYONNAISE



## BARBECUE PRAWNS WITH BASIL MAYONNAISE

750 g (1½ lb.) green king prawns

½ cup oil

1 tablespoon lemon juice

1 clove garlic

salt, pepper

1 tablespoon chopped parsley

Remove heads from prawns, leaving shell and tails intact. Using sharp knife, cut through shell along back and remove dark vein. Thread three prawns on thin bamboo skewers. Combine oil, lemon juice, crushed garlic, salt, pepper and parsley, pour over prawns, stand 1 hour, brushing frequently with marinade. Put skewers over barbecue or under grill, cook approximately 2 minutes on each side or until cooked. Serve immediately with Parsley Rice and Basil Mayonnaise.

**Makes approximately 6 skewers.**

## BASIL MAYONNAISE

1 cup mayonnaise

3 teaspoons french mustard

2 teaspoons lemon juice

1 teaspoon basil

Combine all ingredients, mix well, refrigerate until ready to serve.

## PARSLEY RICE

1 cup rice

30 g (1 oz.) butter

1 tablespoon chopped parsley

1 chicken stock cube

Cook rice in large saucepan of boiling salted water to which crumbled stock cube has been added, 12 minutes; drain. Heat butter in pan, add rice, toss well until heated through. Add parsley, mix lightly.



## PIZZEMONA



## PIZZEMONIA

This is a popular and colorful entree in many famous Italian restaurants which specialise in outdoor eating. Fresh, crisp vegetables in season are served in a large bowl with lots of ice cubes. Each guest is given a small bowl into which oil is poured and guests add lots of salt and pepper; a little lemon juice can also be added. Each guest beats this dressing with a fork until it becomes lightly cloudy; the vegetables are dipped into the dressing for eating. It is a superb, light, first course on a sunny day. Serve it with crusty bread.

**1 bunch radishes**  
**½ bunch celery**  
**1 bunch shallots**  
**2 red peppers**  
**2 green peppers**  
**2 cucumbers**

**½ cauliflower**  
**DRESSING**  
**oil**  
**lemon juice**  
**salt, pepper**

Remove stems from radishes, wash and leave whole; cut celery into 15 cm (6 in.) lengths leaving leaves on stalks; trim ends of shallots, cut into 15 cm (6 in.) lengths; cut peppers in half, remove seeds, cut each half in half again, cut cucumbers into 8 cm (3 in.) lengths; break cauliflower into large flowerets. Wash all vegetables well, drain, serve in large bowl with lots of ice cubes.

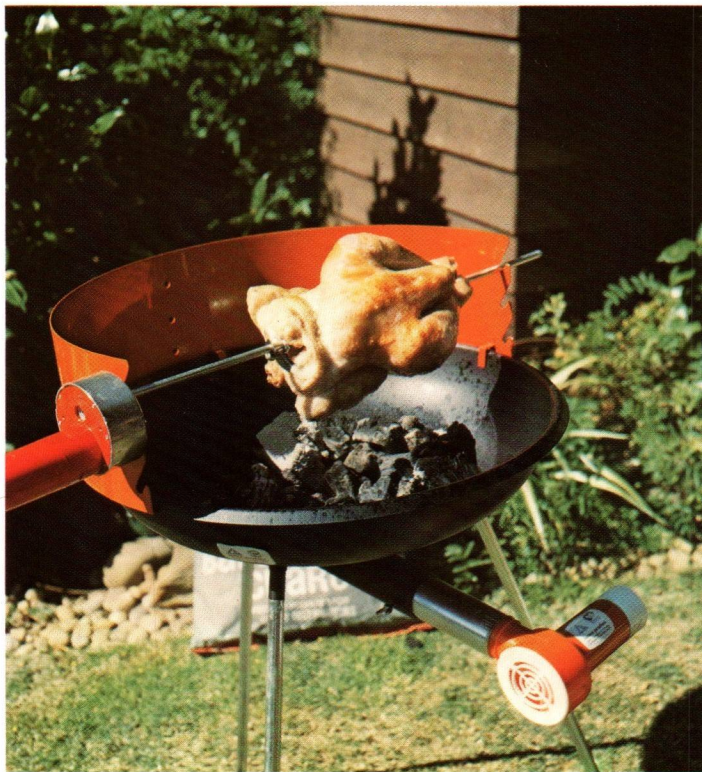
### DRESSING

Combine all ingredients in bowl, whisk until mixture turns lightly creamy and thickens slightly.

### FRUIT IN ICE

When the stone fruits are in season, a big bowl of peaches, apricots, purple plums, green and black grapes makes a wonderful end to a barbecue meal. Put them into a big clear bowl (a clear plastic punch bowl is ideal), add lots of ice cubes so that the fruit is beautifully cold. Serve with cheese.

## SPIT ROASTING



## SPIT-ROASTING

Spit-roasting has extended the range of foods that can be cooked on a barbecue. Joints, such as a leg of pork, leg of lamb or a chicken cook superbly; they cook slowly, needing only an occasional brush with a basting sauce, until they are mouth-wateringly tender.

Cooking times will vary, depending on heat of fire and the distance the spit is from the heat. The following approximate times will be a guide:

Leg of lamb, about 2 kg (4 lb.), 2¾ to 3 hours; leg of pork, about 5 kg (10 lb.), 3¾ hours; rolled roast of beef, about 3 kg (6 lb.), 2¾ hours; chicken, 1.5 kg (3 lb.), 1½ hours.

## ROSEMARY BASTING SAUCE

1 cup oil

1 cup white vinegar

1 tablespoon salt

2 cloves garlic

3 teaspoons rosemary

freshly ground black pepper

Crush the garlic. Combine all ingredients in screw-top jar, shake well. Cover, stand overnight. Mix well again each time before using. This gives enough basting sauce for two large joints. Brush joints lightly when they are placed on the spit; continue brushing lightly about every 15 minutes of cooking time. Don't use too much of the sauce at once, or flames will flare up.



## WINE AND MUSHROOM SAUCE



60 g (2 oz.) butter  
1 onion  
60 g (2 oz.) mushrooms  
2 rashers bacon  
15 g (½ oz.) butter, extra  
3 tablespoons flour

1 tablespoon tomato paste  
2½ cups water  
¾ cup dry red wine  
¼ teaspoon thyme  
¼ teaspoon mixed herbs  
salt, pepper

Melt butter in frying pan, add peeled and chopped onion, sliced mushrooms and chopped bacon, saute until onion is transparent, remove from pan. Add extra butter to pan, add flour, stir until smooth and well browned. Add tomato paste, gradually add water and wine, stir until smooth, stir until sauce boils and thickens. Reduce heat, add thyme, mixed herbs, salt and pepper, simmer covered 30 minutes.

**Serves 6.**

## BEEF MARINADE

½ cup dry red wine  
½ cup brown vinegar  
½ cup oil  
1 small onion

1 tablespoon chopped parsley  
½ teaspoon thyme  
2 cloves garlic  
salt, pepper

Peel and chop onion, crush garlic. Combine with remaining ingredients in bowl, mix well. Pour marinade over steaks, stand 1 hour. Enough for 4 steaks; turn steaks in marinade occasionally.

## MINTED LAMB KEBABS



### MINTED LAMB KEBABS

6 lamb leg chops

2 red peppers

125 g (4 oz.) mushrooms

1 pineapple

**MARINADE**

$\frac{1}{4}$  cup oil

$\frac{1}{4}$  cup bottled french dressing

2 tablespoons chopped mint

1 clove garlic

salt, pepper

2 teaspoons sugar

Remove meat from bones, cut off excess fat, cut meat into 2.5 cm (1 in.) cubes. Cut peppers in half, remove seeds, cut into 2.5 cm (1 in.) cubes; slice mushrooms in half; peel pineapple, slice, remove core, cut into 2.5 cm (1 in.) cubes. Thread lamb, peppers, pineapple and mushrooms alternately on bamboo skewers, brush well with marinade, stand 1 hour, brushing frequently with marinade. Cook kebabs over barbecue or under grill, brushing frequently with marinade until cooked and golden brown.

**MARINADE:** Crush garlic, combine with all remaining ingredients.

**Makes approximately 8 kebabs.**



## GREEK SOUVLAKIA



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**750 g (1½ lb.) lamb leg chops**

**1 onion**

**¼ cup oil**

**3 medium tomatoes**

**bayleaves**

**1 tablespoon lemon juice**

**1 teaspoon oregano**

**salt, pepper**

Remove meat from bones, remove excess fat, cut meat into 2.5 cm (1 in.) cubes. Combine in bowl peeled and finely chopped onion and oil, add meat, combine well, stand 1 hour. Cut tomatoes into quarters, then cut each quarter in half. Arrange meat, tomatoes, and bayleaves alternately on bamboo skewers. Put skewers over barbecue or under grill, cook until meat and tomatoes are lightly browned, turning once and brushing frequently with any remaining marinade. Combine lemon juice, oregano, salt and pepper, brush over souvlakia just before the end of cooking time. Serve with rice.

**Makes approximately 8 souvlakias.**

## MARINATED CHOPS WITH MINTED WINE JELLY



## MARINATED CHOPS WITH MINTED WINE JELLY

8 lamb short loin chops

¼ cup bottled french dressing

¼ cup oil

1 teaspoon ground ginger

1 teaspoon rosemary

salt, pepper

Combine dressing, oil, ginger, rosemary, salt and pepper. Pour over chops, marinate 1 hour. Cook chops over barbecue or under grill until cooked, brushing frequently with any remaining marinade. Serve with Minted Wine Jelly.

## MINTED WINE JELLY

2 cups dry white wine

½ cup water

5 cm (2 in.) piece orange rind

2 large sprigs mint

½ cup white vinegar

½ cup sugar

1 tablespoon gelatine

3 tablespoons chopped mint

Place wine, water, orange rind, mint sprigs and vinegar into saucepan. Bring to boil, reduce heat, simmer uncovered for 5 minutes. Remove mint sprigs and orange rind and allow to cool slightly. Add sugar, stir until sugar dissolves. Sprinkle gelatine over wine mixture, stir until gelatine is dissolved. Add chopped mint, stir until combined. Cover bowl, place in refrigerator until mixture is consistency of egg-white. Stir mixture occasionally so that mint will be evenly distributed through jelly. When set, spoon into serving bowl. Keep refrigerated until ready to serve.



## PORK SPARERIBS WITH PLUM SAUCE



## PORK SPARERIBS WITH PLUM SAUCE

1 kg (2 lb.) pork spareribs  
⅓ cup plum jam  
2 chicken stock cubes  
2 teaspoons cornflour

½ cup water  
3 teaspoons soy sauce  
2 tablespoons dry sherry  
1 clove garlic

Put spareribs on rack in baking dish, bake in moderate oven 15 minutes. Combine in saucepan jam, crumbled stock cubes, cornflour, water, soy sauce, dry sherry and crushed garlic. Stir over medium heat until sauce boils and thickens, reduce heat, simmer 1 minute. Bake spareribs further 40 to 45 minutes, brushing frequently with sauce and turning once. Serve spareribs with any remaining sauce spooned over. (These spareribs can be done in the same way on the barbecue, brushing frequently with the sauce as above.)

**Serves 4.**

## PORK SPARERIBS WITH ORANGE MUSTARD GLAZE

Here's an alternative sauce for pork spareribs. For 1 kg (2 lb.) pork spareribs, you'll need, for the sauce:

170 ml can frozen orange concentrate, 1½ tablespoons prepared mustard, 1 tablespoon sugar, 3 teaspoons soy sauce, 1 tablespoon dry sherry, ½ teaspoon ground ginger, 2 teaspoons cornflour.

Cook spareribs as above. Combine all ingredients for sauce in saucepan, stir until smooth, put over medium heat, stir until sauce boils and thickens, reduce heat, simmer 1 minute. Brush sauce over ribs as above during cooking time.

## CHILLI CHICKEN



## CHILLI CHICKEN

1.5 kg (3 lb.) chicken  
oil for shallow frying  
cornflour

### SAUCE

30 g (1 oz.) butter  
1 onion  
1 clove garlic

½ teaspoon Sambal Oelek\*  
2 tablespoons tomato paste  
2 tablespoons flour  
2 cups water  
½ cup dry white wine  
salt, pepper  
1 tablespoon chopped parsley

Steam or boil chicken in usual way, allow to cool, cut into serving-size pieces. Coat chicken lightly with cornflour. Heat enough oil in large frying pan or wok to shallow fry, add chicken, cook until golden brown, remove from pan. Pour off fat, add sauce to pan, bring to boil, add chicken pieces, reduce heat, simmer 5 minutes. Just before serving, add chopped parsley.

**SAUCE:** Melt butter in pan, add peeled and finely chopped onion, crushed garlic and Sambal Oelek, saute until onion is transparent. Add flour and tomato paste, stir until smooth, cook 1 minute. Add water and wine gradually, stir until smooth, stir until sauce boils and thickens, reduce heat, simmer 1 minute. Season with salt and pepper.

**Serves 4.**

**\*Note:** Sambal Oelek is an Indonesian chilli mixture, available in small jars from most supermarkets or food stores.



## TANDOORI CHICKEN



1.5 kg (3 lb.) chicken  
200 g carton plain yoghurt  
½ teaspoon cardamom  
½ teaspoon cumin  
1 teaspoon cinnamon  
½ teaspoon ground cloves

1 clove garlic  
1 tablespoon lemon juice  
2 teaspoons sugar  
salt, pepper  
60 g (2 oz.) butter

Combine yoghurt, cardamom, cumin, cinnamon, cloves, crushed garlic, lemon juice, sugar, salt and pepper. Spread mixture over the outside and inside of chicken, refrigerate chicken overnight. Next day secure chicken on spit, roast over barbecue or in the oven, drizzle melted butter over chicken. Cook 1½ hours or until golden brown. Remove chicken from spit, cut into serving-size pieces. Serve with Barbecued Corn.

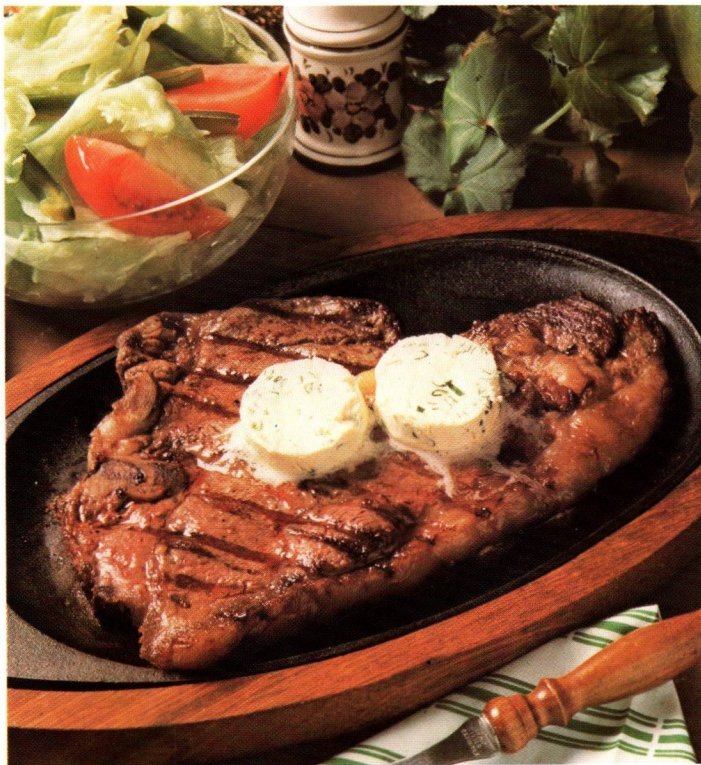
**Serves 4.**

## BARBECUED CORN

Remove husk and silk from corn. Spread cobs generously with softened butter, season well with salt and pepper. Wrap each cob in double thickness of aluminium foil, twisting or folding ends to make a seal. Place on grill of barbecue over hot coals. Cook, turning often, 15 to 20 minutes, depending on heat of fire. Or cobs can be boiled for 10 minutes, removed from water, brushed generously with melted butter, then barbecued on grill over hot coals for 10 minutes, brushing with melted butter.

Quick-frozen corn can be used in either of the above ways, too. Because it has gone through preliminary processing, cooking time is much shorter. Thaw corn first. Specific cooking times are given on packet.

## MUSTARD AND TARRAGON BUTTER



## MUSTARD AND TARRAGON BUTTER

**250 g (8 oz.) butter**

**3 teaspoons french mustard**

**1 teaspoon tarragon**

**salt, pepper**

Beat butter until smooth and creamy, add mustard, tarragon, salt and pepper, combine well. Spoon mixture in a rough log shape about a quarter of the way down a sheet of greaseproof paper. Fold paper over roll, then with ruler, push against the butter so that mixture forms a smooth roll. Roll butter in the greaseproof paper, refrigerate until firm. Cut into slices to top grilled steak.

## HORSERADISH AND SHALLOT BUTTER

**250 g (8 oz.) butter**

**2 teaspoons bottled horseradish  
cream or relish**

**8 shallots**

**salt, pepper**

Beat butter until creamy, add horseradish, finely chopped shallots, salt and pepper, combine well. Make into roll as above, refrigerate.

## CURRIED CHIVE BUTTER

**250 g (8 oz.) butter**

**1 tablespoon chopped chives**

**2 teaspoons lemon juice**

**2 teaspoons curry powder**

**salt, pepper**

Beat butter until creamy, add chives, lemon juice, curry powder, salt and pepper, combine well. Make into roll as above, refrigerate.



## OLD ENGLISH PORK SAUSAGES



### OLD ENGLISH PORK SAUSAGES

750 g (1½ lb.) minced pork  
250 g (8 oz.) minced veal  
salt, pepper  
¼ teaspoon nutmeg  
¼ teaspoon coriander  
¼ teaspoon ground ginger

1 cup packaged dry breadcrumbs  
½ cup water  
30 g (1 oz.) butter  
2 tablespoons oil  
flour

Combine in bowl pork, veal, salt, pepper, nutmeg, coriander, ginger, breadcrumbs and water, mix well. Form mixture into sausage shapes approximately 8 cm (3 in.) in length. Coat sausages well with flour. Heat butter and oil in large frying pan over medium heat. Add sausages to pan, cook until golden brown (make sure oil is not too hot or sausages will brown before they are cooked through). Remove sausages from pan, drain.

**Makes approximately 12 sausages.**

**HERB CRUMBED SAUSAGES****HERB CRUMBED SAUSAGES**

1 kg (2 lb.) thick beef or pork sausages	½ teaspoon mixed herbs salt, pepper
3 cups fresh breadcrumbs (about ½ loaf bread)	flour
6 shallots	1 egg
2 tablespoons chopped parsley	2 tablespoons milk
2 teaspoons dry mustard	60 g (2 oz.) butter or substitute
	2 tablespoons oil

Combine breadcrumbs, chopped shallots, chopped parsley, mustard, herbs, salt and pepper. Prick sausages well, coat lightly with flour, dip in combined beaten egg and milk, coat well with crumb mixture. Heat butter and oil in large frying pan, add sausages, cook until golden brown and cooked through, remove from pan, keep warm; pour off excess fat, reserving 2 tablespoons of the pan drippings for Mustard Sauce.

**MUSTARD SAUCE**

2 tablespoons flour	1 tablespoon soy sauce
1 tablespoon prepared mustard	2 teaspoons worcestershire sauce
2 cups water	
salt, pepper	

Add flour to reserved pan drippings, stir until golden brown. Add mustard, then water gradually, stir until smooth. Stir until sauce boils and thickens. Add salt, pepper, soy sauce and worcestershire sauce, stir until combined, reduce heat, simmer 1 minute. Serve sauce separately.

**Serves 6.**



## TOMATO AND MANGO DIP



## TOMATO AND MANGO DIP

425 g can mangoes	salt, pepper
500 g (1 lb.) ripe tomatoes	½ teaspoon turmeric
⅓ cup finely chopped dates	½ teaspoon cumin
4 shallots	2 tablespoons chopped mint
2.5 cm (1 in.) piece green ginger	½ teaspoon sugar
½ teaspoon chilli powder	1 tablespoon vinegar

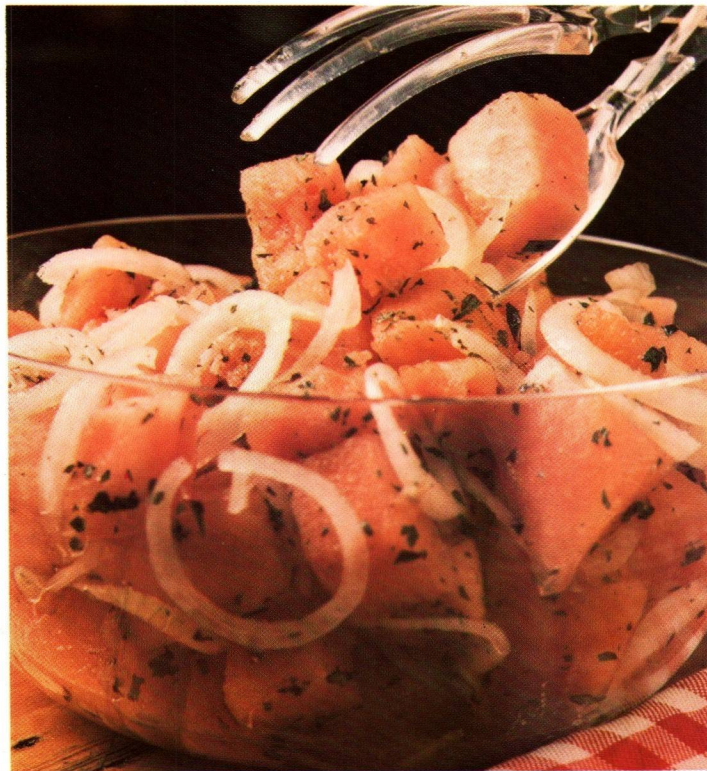
Place well-drained and finely chopped mangoes, peeled and finely chopped tomatoes, dates, chopped shallots, peeled and grated ginger, chilli powder, salt, pepper, turmeric, cumin, mint, sugar and vinegar into bowl, mix well. Cover bowl, refrigerate 4 hours, stirring occasionally. Spoon dip into bowl; serve with Sesame Papadams for dipping.

## SESAME PAPADAMS

100 g packet small papadams (about 8 cm [3 in.] diameter)  
1 egg-white  
sesame seeds

Brush both sides of each papadam with lightly beaten egg-white, coat both sides with sesame seeds. Deep-fry in hot oil a few seconds until lightly browned, remove from oil immediately, drain well.

## WATERMELON SALAD



## WATERMELON SALAD

**2 kg (4 lb.) watermelon**

**4 small onions**

**2 tablespoons oil**

**2 tablespoons white vinegar**

**1 teaspoon sugar**

**2 tablespoons chopped mint**

**¼ cup dry white wine**

Peel watermelon, remove seeds, chop into 2.5 cm (1 in.) cubes. Peel onions, slice thinly, combine with watermelon. Combine in screw-top jar oil, vinegar, sugar, mint and wine, shake well, pour over watermelon, combine well. Refrigerate until ready to serve.

**Serves 6 to 8.**

## WINE-BAKED ONIONS

**12 small onions**

**¾ cup water**

**1 chicken stock cube**

**¾ cup dry red wine**

**salt, pepper**

**2 tablespoons butter**

Peel onions, leave whole. Put in frying pan with water, crumbled stock cube, wine, salt and pepper. Bring to boil, reduce heat, simmer covered 15 minutes or until onions are just tender. Remove onions from pan, and reserve. Continue to boil liquid in pan uncovered 5 minutes or until reduced and thickened slightly. Add butter to pan, with onions, stir until butter has melted and onions are well glazed.

**Serves 6.**



## HOT HERBED POTATOES



## HOT HERBED POTATOES

**1 kg (2 lb.) potatoes**  
**½ cup oil**  
**salt, pepper**  
**½ teaspoon rosemary**  
**½ teaspoon oregano**

**2 cloves garlic**  
**1 teaspoon paprika**  
**2 tablespoons chopped parsley**  
**2 tablespoons grated parmesan cheese**

Peel potatoes, cut into 2.5 cm (1 in.) cubes, rinse and dry well. Combine oil, salt, pepper, rosemary, oregano and crushed garlic. Put oil mixture in frying pan over high heat. Add potatoes, cook until well browned; add combined paprika, parsley and cheese, toss lightly.

**Serves 4.**

## CREAMY CURRIED POTATOES

**6 medium potatoes**  
**30 g (1 oz.) butter**  
**4 tablespoons sour cream**  
**salt, pepper**  
**1 tablespoon curry powder**

**6 shallots**  
**1½ cups fresh breadcrumbs**  
**45 g (1½ oz.) butter, extra**  
**1 teaspoon paprika**

Wash unpeeled potatoes well, put into saucepan with enough water to cover, bring to boil, reduce heat, simmer covered 30 minutes or until just tender, drain, allow to cool. Cut top off each potato, scoop out flesh, leaving 5 mm (¼ in.) shell. Mash potato until smooth, add butter, sour cream, salt, pepper, curry powder and chopped shallots; mix well. Spoon potato mixture back into shells. Combine breadcrumbs, extra melted butter and paprika, sprinkle crumb mixture on top of each potato. Bake in moderate oven 20 to 25 minutes or until light golden brown.

## HOT CURRIED VEGETABLES



- |                             |                              |
|-----------------------------|------------------------------|
| 1 eggplant                  | ½ cup oil                    |
| 250 g (8 oz.) zucchini      | 2 cloves garlic              |
| 4 onions                    | 1 tablespoon curry powder    |
| 2 red peppers               | ½ cup water                  |
| 250 g (8 oz.) mushrooms     | 1 tablespoon chopped parsley |
| 500 g (1 lb.) ripe tomatoes | salt, pepper                 |

Cut eggplant into 2.5 cm (1 in.) cubes; slice zucchini into diagonal slices; peel onions, cut into quarters; slice peppers in half, remove seeds, cut into 2.5 cm (1 in.) cubes; slice mushrooms; peel tomatoes, chop roughly. Heat oil in large wok or frying pan on top of stove or over barbecue, add curry powder and crushed garlic, saute 1 minute. Add all vegetables except tomatoes, saute 2 minutes. Add tomatoes and water, simmer covered 10 minutes, season with salt and pepper. Sprinkle with chopped parsley.

**Serves 6 to 8.**

## BARBECUED BANANAS

Choose firm ripe bananas. Place on barbecue, cook until skins turn black, turning occasionally. Remove from heat with tongs, peel back top layer of skin, top with brown sugar, cinnamon and whipped cream.



**BUTTERED HERB BREAD****BUTTERED HERB BREAD**

This is a delightful bread for a barbecue. You just pull off pieces of golden, buttery dough (no need to butter the bread; the butter is already incorporated in the loaf); it's nice served warm. The recipe makes two loaves.

<b>30 g (1 oz.) compressed yeast</b>	<b>2 cloves garlic</b>
<b>2½ cups warm water</b>	<b>2 tablespoons chopped parsley</b>
<b>5 cups plain flour</b>	<b>1 teaspoon basil</b>
<b>2 teaspoons salt</b>	<b>1 teaspoon thyme</b>
<b>125 g (4 oz.) cheese</b>	<b>1 teaspoon sage</b>
<b>2 tablespoons grated parmesan cheese</b>	<b>250 g (8 oz.) butter</b>
<b>1 small onion</b>	

Dissolve yeast in warm water, allow to stand in warm place 15 minutes. Sift flour and salt into large bowl, add grated cheeses, peeled and finely chopped onion, crushed garlic, parsley, basil, thyme and sage, combine well. Make well in centre of dry ingredients, add yeast mixture. mix to a stiff dough. Turn dough out on to lightly floured board, knead 5 minutes. Put dough into lightly greased bowl, place bowl in plastic bag, stand in warm place until dough has doubled in bulk, approximately 1 hour. Punch dough down, turn out on to lightly floured surface, knead 1 minute. Divide dough in half, roll each half out to 30 cm × 45 cm (12 in. × 18 in.) rectangle. Cut dough into 5 cm × 2.5 cm (2 in. × 1 in.) pieces. Dip each piece in melted butter, pack lightly into two greased deep 23 cm (9 in.) cake tins. Put cake tins in plastic bags in warm place until dough reaches edge of tin, approximately 40 minutes. Remove plastic bags. Bake in moderately hot oven 30 to 40 minutes or until golden brown.

## FRENCH CHEESE STICK



## FRENCH CHEESE STICK

4 cups self-raising flour

2 teaspoons salt

1 tablespoon curry powder

2 teaspoons dry mustard

¼ teaspoon pepper

125 g (4 oz.) butter

1 egg

1¼ cups milk

125 g (4 oz.) cheddar cheese

1 egg-yolk

¼ cup milk, extra

sesame seeds

Sift flour, salt, curry powder, mustard and pepper into bowl, rub in butter until mixture resembles fine breadcrumbs. Cut cheese into 5 mm (¼ in.) slices, then cut slices into 5 mm (¼ in.) cubes. Add to flour mixture, mix lightly. Add combined egg and milk all at once; mix lightly. Turn on to lightly floured surface, knead lightly. Cut dough in half, then divide each piece of dough into three. With fingers, roll out each piece into a roll 45 cm (18 in.) long. Plait three rolls together. Repeat with remaining three. Place each plaited stick on to greased oven tray. Brush with combined beaten egg-yolk and extra milk, sprinkle with sesame seeds. Bake in moderately hot oven for 30 minutes or until golden brown and cooked through. Makes 2 loaves.



## BEAN AND CORN PICKLE



BARBECUE SE21

## BEAN AND CORN PICKLE

- |                          |                                |
|--------------------------|--------------------------------|
| 2 large onions           | 1 cup sugar                    |
| 2 sticks celery          | $\frac{1}{4}$ cup flour        |
| 1 tablespoon salt        | $\frac{1}{2}$ cup water        |
| 675 g can three bean mix | 1 tablespoon prepared mustard  |
| 310 g can corn niblets   | $\frac{1}{4}$ teaspoon saffron |
| 3 cups white vinegar     |                                |

Peel and finely chop onions, finely chop celery. Put in bowl, sprinkle with salt, stand 30 minutes. Put vinegar and sugar into large saucepan, stir over medium heat until sugar dissolves, add drained onions and celery, bring to boil, reduce heat, simmer 10 minutes. Add drained beans and drained corn. Mix flour, mustard and saffron to smooth paste with the water. Add to vegetable mixture, stirring all the time. Stir until boiling, reduce heat, simmer uncovered 30 minutes or until thick. Spoon into hot sterilised jars; seal.

**Makes approximately 1½ litres (6 cups).**

## MIXED VEGETABLE PICKLE

- |                           |                                 |
|---------------------------|---------------------------------|
| 3 onions                  | 2 cups white vinegar            |
| 2 carrots                 | 1 tablespoon mustard seeds      |
| 3 sticks celery           | 1 tablespoon celery seeds       |
| $\frac{1}{2}$ cauliflower | $\frac{1}{2}$ cup sugar         |
| 1 red pepper              | $\frac{1}{4}$ teaspoon turmeric |
| $\frac{1}{4}$ cup salt    |                                 |

Peel onions, chop into 1 cm ( $\frac{1}{2}$  in.) cubes; peel carrots, cut into 1 cm ( $\frac{1}{2}$  in.) cubes; slice celery diagonally; break cauliflower into small flowerets; cut pepper in half, remove seeds, slice pepper thinly. Put all vegetables into bowl, sprinkle with salt, add enough water to just cover, stand several hours or overnight. Drain and rinse under cold running water. Put vinegar, mustard seeds, celery seeds, sugar and turmeric into large saucepan, bring to boil, add drained vegetables; reduce heat, simmer uncovered 5 minutes. Remove from heat, put into hot sterilised jars, seal until ready to use.

**PISTACHIO ICE CREAM WITH APRICOT SAUCE****PISTACHIO ICE CREAM WITH APRICOT SAUCE**

4 eggs, separated  
1 cup icing sugar  
1 cup cream

1 teaspoon vanilla  
125 g (4 oz.) pistachio nuts

Remove shells from nuts, cover nuts with boiling water, stand 2 minutes, drain. Rub skins from nuts, chop nuts roughly. Beat egg-yolks lightly. Beat egg-whites until firm peaks form, gradually beat in sifted icing sugar. Fold in egg-yolks and then whipped cream, stir in vanilla and nuts. Pour into freezer tray, freeze until set, stirring occasionally. Serve with Apricot Sauce.

**APRICOT SAUCE**

125 g (4 oz.) dried apricots  
1 cup boiling water  
2 teaspoons cornflour

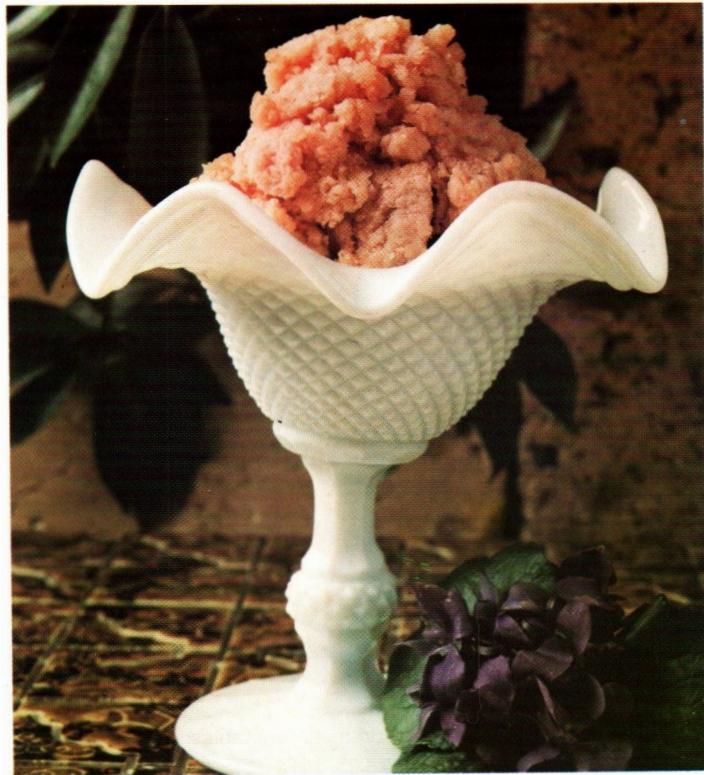
½ cup water, extra  
3 tablespoons sugar  
2 teaspoons rum

Add the boiling water to apricots, stand 1 hour. Put apricots with liquid over medium heat. Bring to boil, reduce heat, simmer covered 15 minutes or until tender. Remove from heat, cool a little, pour apricots and liquid into blender, blend until smooth. Push apricot puree through sieve. Combine in saucepan apricot puree, sugar, cornflour blended with extra water and rum. Stir over medium heat until sauce boils and thickens, reduce heat, simmer uncovered 1 minute. Serve hot or cold.

**Serves 4 to 6.**



## PLUM SORBET



## PLUM SORBET

This Plum Sorbet can be served alone, or as part of a fruit and cheese platter. Choose from papaw, rockmelon, mangoes, pears, strawberries. Select, perhaps, three favourite varieties of cheese. Serve with the Plum Sorbet.

If you buy the large can of dark plums, these give a much richer colour to the finished sorbet than the smaller cans of plums, which are paler in colour.

**825 g can dark plums  
(or 2 x 425 g cans plums)**

**$\frac{3}{4}$  cup water**

**$\frac{1}{4}$  cup sugar**

**2 tablespoons lemon juice**

**3 egg-whites**

**$\frac{1}{3}$  cup sugar, extra**

Drain plums, reserve syrup. Remove seeds from plums, put roughly chopped plums and syrup into blender, blend until smooth or beat well until smooth. Push plum mixture through sieve, put sieved plum puree, water, sugar and lemon juice into saucepan, stir over low heat until sugar has dissolved. Bring to boil, remove from heat immediately, allow to become cold. Pour into deep 20 cm (8 in.) cake tin. Freeze until partially set. Beat egg-whites until soft peaks form, gradually add extra sugar, beat until sugar has dissolved. Using fork, fold meringue through plum mixture. Return to freezer, freeze until firm, stirring occasionally with fork.

**Serves 6.**

## GLEUHWEIN



## GLUEHWEIN

- |                  |                         |
|------------------|-------------------------|
| 1 flagon claret  | 1 orange                |
| 8 cloves         | 1 lemon                 |
| 1 cinnamon stick | $\frac{2}{3}$ cup sugar |

Combine in saucepan claret, cloves, cinnamon stick, thinly sliced orange and lemon and sugar. Heat slowly, stirring to dissolve sugar, but do not allow to boil. One tablespoon of brandy can be added to each glass or mug before adding the hot Gluehwein.

**Makes about 2¼ litres.**

## MULLED WINE

- |                    |                    |
|--------------------|--------------------|
| 1 bottle claret    | 1 cup brandy       |
| 1 cinnamon stick   | 1 piece lemon rind |
| 3 cloves           | nutmeg             |
| 1 tablespoon sugar |                    |

Combine claret, cinnamon stick, cloves, sugar, brandy and lemon rind in saucepan, heat slowly, do not boil. Strain, serve hot in mugs, sprinkle with a little nutmeg.

**Makes about 3½ cups.**

**Note:** These warming drinks are wonderful to serve hot at a winter barbecue, or around the fire. And, heated as above, then cooled and refrigerated, they make an ideal summer drink for the barbecue.